

BUILDING YOUR BELIEF; IN YOURSELF, YOUR BODY AND YOUR BABY



Why I CAN *and* WILL BREASTFEED

[https://www.bing.com/videos/search?q=video+spoof+about+brea
stfeeding+in+public&&view=detail&mid=895E7C2F2AC5A412253B
895E7C2F2AC5A412253B&rvsmid=3C6DDBC715C3D974C47F3C6D
DBC715C3D974C47F&FORM=VDRVRV](https://www.bing.com/videos/search?q=video+spoof+about+brea+stfeeding+in+public&&view=detail&mid=895E7C2F2AC5A412253B895E7C2F2AC5A412253B&rvsmid=3C6DDBC715C3D974C47F3C6DDBC715C3D974C47F&FORM=VDRVRV)

We often think breastfeeding will be like the women in our opening slide...

Birds will sing, the sky will be blue, and all is well with the world...

- ▣ But in reality, many of the first few episodes and even into the first few weeks of the “mother baby dance” it looks more like this:



And Then We See or Think about This...



And the mother thinks she can hear
the birds sing, the sky is blue and
she believes all will be right with the
world; because that is what she has
built her belief in...that bottle
feeding will work.

But...Does Bottle Feeding Really Work for Baby?

- ▣ Extremely fast milk flow (breastmilk or formula)
 - Like putting our mouth under a soda fountain spout at Casey's/QT; Glup, Glup, Gulp; we are drinking as fast as we can just not to choke



- Similar to how an infant is drinking from a bottle;
 - ▣ Possible more spit up/digestion concerns due to eating so fast;
 - ▣ Is it really “working” for baby, or just “better” for us

Better for Whom?

- Possible constipation, gas, fussiness, spit up with formula;
 - PCP give rx meds for infant; really better for infant or better for us?
 - There are even formulas called “Fussiness and Gas” and “Spit Up” No accident by the pharmaceutical companies that make and market these formulas; because the name of the formula is *exactly* what the baby is experiencing...so it’s got to help and be the magic bullet to make formula feeding work.
- ❖ We change from formula, to formula to formula...sometimes even getting a “*special formula*” form completed and approved through the Doctor and WIC office.

The “special” formula is not anything “special” it is just a “special issuance form” that is “special” due to needing a dx from a Doctor prior to WIC approving. Some of the formulas are hypoallergenic and some may consider that “special” but it is still formula; Breastmilk is “special”

And, we finally find that “magic” formula

And, all is well with the world, again

It took a lot of hard work from everyone, especially the baby, but we found that “magic” formula...or did we?

- Or did baby’s digestive tract mature enough to just “deal” with the formula? They begin to have the intestinal maturity to digest non-human milk, better, not great, not like with the ease of breastmilk, but “better”.
- Did the spit up stop because the **sphincter pylori**, the muscle around the opening of the of the small intestine has matured and cut down on the spit up naturally? Or was it that “special” formula for Spit Up? Again, named and marketed so well...
- Biology shows us that spit up was probably going to decline, anyway, about 3-6mos, as the sphincter became stronger.

So, What Really Worked??

- Did we really have to stop breastfeeding because of spit up, or gas, or fussiness?
- Did we really have to change from formula to formula or offer rx meds to a newborn or <12mos infant?
- Is it really “working” for baby or working better for us?
- Or are we just are *making* bottle feeding *work*

What if we HAD to make breastfeeding work; just like we worked so hard at making formula feeding work?

- ▣ What if we had to try several different positions?
- ▣ What if we had to try several different latches?
- ▣ What if we had to talk to many different specialists?
- ▣ What if the Doctor/RN assessed the tongue and lips right after delivery, as part of the routine newborn assessment or discussed any birth trauma that might impact the early stages of breastfeeding?
- ▣ What if we had to talk with several different people that had breastfed their babies?
- ▣ What if there was no government assistance for artificial baby milk (formula) unless medically indicated

Barriers to Breastfeeding/Expressed Breastmilk to Infants

- ▣ <https://www.bing.com/videos/search?q=friends+breastfeeding+episode&view=detail&mid=CA1EB97CEF138615E372CA1EB97CEF138615E372&FORM=VIRE>
- ▣ **Family:** “My mother could not breastfeed, so I am not even going to try”
- ▣ **Friends:** “My BFF said it hurt!”
- ▣ **Mate:** “He said *those* are for him”
- ▣ **History:** Possible past or current sexual abuse
- ▣ **Work:** “I cannot pump at work, so I am just going to give formula right away so the baby doesn’t have to switch” <http://kansasbusinesscase.com/>
- ▣ **Self:** Just don’t want to

Society has told her *and* shown her that *all* mothers can bottle feed...not all mothers will be able to breastfeed.



- ▣ What If Society's Belief About Breastfeeding Could Be What Clinical Research Has Proven: that *most* mothers **CAN** breastfeed.

Clinical Reasons Women Cannot Breastfeed

- ▣ <https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/contraindications-to-breastfeeding.html>
- ▣ *Most* women that *really* want to breastfeed, *usually* can...
- ▣ Society tells them they may not be able to with subtle messages:
- ▣ Discharge bags, baby showers, gender reveal parties, coupons, well-meaning friends and family, free samples in the mail, etc
- ▣ Breasts too little, too large, too flat...etc.

Building Your Belief or Confidence:

- ▣ At some point during your life, someone taught you that you should not rob a bank;
 - ❖ no matter how broke you were or how down on your luck financially you may have been
 - ❖ you built your belief that you *would not* rob a bank, no matter how scared you were, you knew robbing the bank was not an option

So...somehow, you just made “it” work.

- ❖ You did not rob and bank and life went on; you found help and resources to help move forward

A personal note from Alicia: during the first 6 years of my employment as an RD, LD for the WIC program, I did not have any children; but what happened during my time at work, prior to feeding my own babies, aided in “building my belief” in breastfeeding. I took many, many phone calls and appointments from mothers/families whose infant was having concerns with formula; from spitting up, to constipation, to lack of sleep, comfort, constant crying, etc...I told myself, there must be a better way to feed a baby (vs formula) and that helped “seal the deal” for me that I was going to breastfeed, come heck or high water. And...I had challenges during my breastfeeding journey; many of the same we hear everyday; my nipples were sore, I doubted my breastmilk supply, baby seemed hungry all the time, etc...but I held onto my “belief” that I could and would breastfeed my baby...and both of my babies BF for ~2yrs of age; now at 18 and 16yrs of age...both have rarely been ill...seldom missing school for various cold, flu, etc. Your children will still get “something” but as infants, toddlers, tweens and teens, my excl BF children were very healthy growing up. I was thankful I had built my belief in breastfeeding; otherwise it would have been easy to quit...but would it have been easy for my babies??

“A VIEW FROM THE TOP”

- ▣ That’s how you can view breastfeeding; you tell yourself come heck or high water, it is going to work; you have built your belief, over time, that breastfeeding is something you can and will do...no matter what.
- ▣ You find friends, family, co-workers, breastfeeding support people and you know where to turn when times are tough.
- ▣ You have prepared your “tribe.” You have built your belief that breastfeeding will work.

Bottom Line: We Know Our Mommies Love Their Babies, No Matter How They Choose to Feed Them and we need to “meet them where they are at” although this presentation did not sound like that...the best impact is made by letting the mother know we are *hearing* her and **respect** where she is at with her decision.



And we want to support them on their motherhood journey, no matter what that ends up looking like.

In Closing: Where There is a Will...

- ▣ <https://www.bing.com/videos/search?q=baby+moves+crib+across+room&view=detail&mid=9F53519F2F8F8336FC6A9F53519F2F8F8336FC6A&FORM=VIRE>

Questions? Comments?

